

Revlimid, Velcade and Dexamethasone (RVD)

Drug	How drug is given	Day drug is given
REVLIMID (LENALIDOMIDE)	PILLS	Days 1-21
VELCADE (BORTEZOMIB)	SUBCUTANEOUS Injections	Days 1, 8 & 15
DEXAMETHASONE	PILLS	Days 1, 8, 15 & 22

1 cycle = 28 days

Total = 8 cycles

If needed, cycles 9+ will be Revlimid & Dexamethasone only.

Things to know:

- Take Aspirin (ASA) 81mg daily.
- You will need a digital thermometer.
- You can buy one at most drug stores.



Possible side effects:

- Dexamethasone (steroid) side effects may include mood swings, irritability and difficulties with sleeping.
- Pain, itching, discoloration at injection site (if there is redness, swelling or discharge, CALL your Health Care Team).
- Diarrhea or constipation.
- Numbness or tingling in fingers and toes.
- Rash.
- Changes in blood pressure (high or low).

Chemotherapy: What you need to know

There will be a decrease in your blood cells. These include white blood cells, red blood cells, hemoglobin and platelets.

- You will be on an antiviral medication daily during treatment and for 6 months after treatment.
- **Call if any side effects seem unexpected or extreme.**

Contact information

Health Care Team:

- Doctor: _____
 - Nurse: _____
- } Phone: _____
- Pharmacy: _____
 - Phone: _____ Fax: _____

If you have any of these signs of an infection call your health care team right away:

- A temperature of 38°C or 100°F or more. This is a fever. **Do not take Tylenol, Aspirin, ibuprofen or anti-inflammatory medications without checking with your team first.** They may cause bleeding and may hide a fever. Call if you need medication for pain.
- A cough that produces coloured phlegm or sputum.
- Red inflamed skin.
- Diarrhea that does not go away.
- Increased shortness of breath.
- Pain or burning with urination.
- Sore throat.
- Signs of shingles: pain, blisters or a skin rash. It may look like chicken pox.

What to watch for:

- Unusual bleeding or bruising.
- Diarrhea that does not go away - CALL if more than 4 loose stools in one day.
- Constipation (no bowel movement for 2 days). Use your laxatives as needed. Do not use a suppository or enema.
- Increased thirst, voiding (peeing) more often, or an increase in blood sugar.
- Numbness or tingling in hands and feet.
- Increased swelling of the feet, legs, arms and hands.
- Voiding (peeing) less.

We encourage you to:

- Watch the [chemotherapy video](#) and read the [chemotherapy book](#).
- Eat and drink well (at least 2 litres of non-caffeinated fluids a day).
- Practice good hygiene.
- Practice good mouth care.
- Take Dexamethasone early in the day with food. Do not drink alcohol while on Dexamethasone.
- **NOT** eat/drink green tea, grapefruit, pomegranate, star fruit or Seville oranges for 24 hours before or after Velcade.



You will be on an antiviral medication during your treatment and for 6 months after your treatment has ended.

Possible severe or long-term side effects:

- Bone thinning/weakening.
- Potential future bone marrow damage.

Daily Medication Treatment Record

DAY	MEDICATION	MEDICATION	MEDICATION	CYCLE									
				1	2	3	4	5	6	7	8		
1	Revlimid	Velcade	Dexamethasone										
2	Revlimid												
3	Revlimid												
4	Revlimid												
5	Revlimid												
6	Revlimid												
7	Revlimid												
8	Revlimid	Velcade	Dexamethasone										
9	Revlimid												
10	Revlimid												
11	Revlimid												
12	Revlimid												
13	Revlimid												
14	Revlimid												
15	Revlimid	Velcade	Dexamethasone										
16	Revlimid												
17	Revlimid												
18	Revlimid												
19	Revlimid												
20	Revlimid												
21	Revlimid												
22			Dexamethasone										
23													
24													
25													
26													
27													
28													

Reminder:

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